30-day friend-making challenge

Small daily steps that build friendships: say hi, join something, follow up. Tick a box each day.

NAME _____ DATE _____

Day	Small step	Done
Day 1		☐
Day 2		☐
Day 3		☐
Day 4		☐
Day 5		☐
Day 6		☐
Day 7		☐
Day 8		☐
Day 9		☐
Day 10		☐
Day 11		☐
Day 12		☐
Day 13		☐
Day 14		☐
Day 15		☐

Day	Small step	Done
Day 16		☐
Day 17		☐
Day 18		☐
Day 19		☐
Day 20		☐
Day 21		☐
Day 22		☐
Day 23		☐
Day 24		☐
Day 25		☐
Day 26		☐
Day 27		☐
Day 28		☐
Day 29		☐
Day 30		☐